

"Big Bad Wolf" Vegetable Soup

Makes: 12 or 48 servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Olive oil		1 Tbsp		1/4 cup
Onion, chopped		1 cup		4 cups
Red bell pepper, chopped		1-1/2 cups		6 cups
Garlic		1 clove		4 cloves
Chili powder		1 Tbsp		4 Tbsp
Butternut squash, peeled, diced		2 cups		8 cups
Pinto beans, canned, drained and rinsed		4 cups		16 cups
Water		1-1/2 cups		6 cups
Whole-kernel corn, frozen		2 cups		8 cups
Tomatoes, stewed		1 cup		4 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	286	
Total Fat	2 g	
Protein	15 g	
Carbohydrates	53 g	
Dietary Fiber	12 g	
Saturated Fat	NA	
Sodium	64 mg	

Directions

1. Heat oil in a large non-stick skillet over medium heat. Add onions, bell peppers and garlic. Cover and cook 5 minutes.
2. Add chili powder. Cook 1 minute, stirring constantly.
3. Place onion and pepper mixture in slow cooker. Add squash, beans, water, corn and tomatoes. Cover and cook on LOW for 8 hours or until soup is thick.

Notes

Serving Tips:

Cooking on HIGH will take less time, but be sure not to scorch the soup on the bottom of the pot.

Additional Tips:

For added protein and a non-vegetarian option, add leftover chicken. You can also add any other leftover vegetables and spices to change the flavor.